

East Windsor Senior Center Events and Activities

July 2014

SENIOR SERVICES (860) 292-8262

TRANSPORTATION PROGRAM (860) 292-8261

WEBSITE: www.eastwindsorct.com

NUTRITION PROGRAM ON-SITE CAFE (860) 292-8279

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279

	1	2	3	4
	In-House Movie Water for Elephants 9:30 - 11:30 Chair Yoga 12:30	Shopping at Geisslers 9:00 VNHS In-House Presentation "Summer Health" 12:30 - 1:30 Wii Zumba with Melissa 12:30 WHPT Library 1:00 - 2:00	Free Blood Pressure and Sugar Screening 10:00 - 12:30 Fitness Class 10:00 - 11:00 Deadline for: ROCKCATS PAYMENT ESSEX SIGN-UP/PAYMENT SENIOR CLUB MEETING 1:00 - 3:00	Senior Center CLOSED Independence Day
7	8	9	10	11
Shopping - Walmart/Big Y 9:00 - 11:00 Wii Bowling 12:30	Breakfast at Windsor 75 Restaurant & CT Historical Museum 9:30 - 2:00 One - on - One Law Sessions 12:30 Chair Yoga 12:30	Shopping at Geisslers 9:00 Wii Zumba with Melissa 12:30	Fitness Class 10:00 - 11:00 Dary-Delite Ice Cream, EW 12:30 - 2:00	Foot Prints Shoe Shopping and Lunch at Doogies Restaurant 9:30 - 2:00
14	15	16	17	18
Shopping - Walmart/Big Y 9:00 - 11:00 Essex Steam Train and Boat 9:00 - 3:00 Art Class 12:30 Wii Bowling 12:30	Foot Care 9:00 - 1:00 Focus Group 10:00 - 11:00 Food for Thought 11:00 - 11:30 Chair Yoga 12:30	Shopping at Geisslers 9:00 Wii Zumba with Melissa 12:30	Fitness Class 10:00 - 11:00 Senior Center Auction 12:30 - 2:00	Shopping Christmas Tree Shop 9:30 - 11:30 Mobile Food Share St. Catherine's Church 1:45 - 2:30
21	22	23	24	25
Shopping - Walmart/Big Y 9:00 - 11:00 Renters Rebate Appts. 9:00 - 2:00 Wii Bowling 12:30	Chair Yoga 12:30 Carribean Beach Bums Pizza/WL Outside Concert 4:00 - 9:00	Shopping at Geisslers 9:00 Rock Cats Baseball Game 10:30 - 3:00 Wii Zumba with Melissa 12:30 Social Set-Up	Monthly Social Live Entertainment By Benjamin Buck 12:30	Wii Bowling Tournament EW vs VERNON 12:30 - 3:00 DEADLINE FOR: AQUA TURF CLUB
28	29	30	31	
Shopping - Walmart/Big Y 9:00 - 11:00 The Book Club 10:30 Art Class 12:30 Wii Bowling 12:30	Nature Presentation How to Attract Butterflies and Birds 10:00 - 11:30 Chair Yoga 12:30	Shopping at Geisslers 9:00 In-House Nutrition Program 12:30 - 2:00 Wii Zumba with Melissa 12:30	Fitness Class 10:00 - 11:00	

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.